

## महिन्याचा विचार

### FAST ON EKADASI

Interpretation by Sri Swami Chidananda

Fast two days in a month or live on milk and fruits only. That of course is incumbent upon all sadhakas, fasting on Ekadasi. Some fast every Monday or every Thursday or every Friday or every Sunday. Gurudev says in His book- "Hindu Fasts & Festivals", that in this Kali Yuga, even if just one Ekadasi is observed with dispassion, faith and devotion, and if the mind is wholly fixed on Hari, one is freed from the rounds of birth and death. There is no doubt about this. The scriptures give us their assurance on this point. Devotees fast on this day, observe vigil the whole night and do japa, Hari kirtan and meditation. Some do not take even a drop of water. Those who are unable to fast completely can take some light fruit and milk. No rice should be taken on Ekadasi days. This is very important. The sweat that fell from the head of Brahma assumed the form of a demon and said to the Lord, "O Lord now give me an abode to dwell." Brahma replied: "O demon! Go and dwell in the rice particles

eaten by men on Ekadasi day and become worms in their stomach."

For this reason rice is prohibited on Ekadasi. If one observes the Ekadasi fast regularly, Lord Hari is propitiated. All sins are destroyed. The mind is purified. Devotion gradually develops. Love for God becomes intense. Orthodox people in South India observe complete fasting and vigil even on ordinary Ekadasi days. For the devotees of Lord Vishnu, every Ekadasi is very sacred day.

Benefits of Fasting:

Nowadays, many educated people do not observe fasting on this sacred day. This is due to the impact of the dark, vicious, materialistic forces. When the intellect develops a little, people begin to enter into arguments and unnecessary discussions. Intellect is a hindrance on the spiritual path. They who have not developed the heart but who have developed their intellect begin to doubt and question at every step. They are led astray. They want a "why" and a "how" for everything. They want "scientific" explanations for all phenomena.

God is beyond proof and presumptions. One has to approach religion and the scriptures with great faith, reverence and purity of heart. Then only are the secrets of religion revealed unto him like the apple in the palm of one's hand. Does anybody ask his mother to prove who his father is?

Fasting controls passion. It checks the emotions. It controls the senses also. It is a great penance. It purifies the mind and the heart. It destroys multitude of sins. Fasting controls the tongue in particular which is the deadliest enemy of man. Fasting overhauls the respiratory, circulatory, digestive and urinary systems. It destroys all the impurities of the body and all sorts of poisons. It eliminates uric acid deposits. Just as impure gold is rendered pure by melting it in the crucible again and again, so also this impure mind is rendered purer by repeated fasting.

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Monthly Satsang with Swami Baladewanandaji from DLS, Rishikesh was held on September 10, 2022.

He shared his experiences with Swami Ji and also participated in sankirtana.

अठरावी राज्यस्तरीय आंतर-महाविद्यालयीन वक्तृत्व स्पर्धा २४ सप्टेंबर या पावन दिवशी(स्व. चिदानंद सरस्वती यांच्या जन्मदिवशी) यंदाची स्पर्धा ना.सी.फडके सभागृहात पार पडली. २४ विद्यार्थ्यांनी सहभाग नोंदविला असला तरीही प्रत्यक्षात १८ च विद्यार्थ्यांनी आपले विचार मांडले. डॉ.नितिन कुलकर्णी (विभागप्रमुख, यंत्र अभियांत्रिकी, शासकीय तंत्र निकेतन, पुणे) आणि श्री. विवेक केसकर (प्रमुख, लोटस बिझनेस स्कूल, पुणे) यांनी स्पर्धेचे परीक्षण केले. स्पर्धेचा निर्णय खालीलप्रमाणे -

**\* प्रथम पारितोषिक (विभागून)-**

१) चैतन्य बनकर, २) मुग्धा थोरात

**\* द्वितीय पारितोषिक (विभागून)-**

१) आकांक्षा जावडेकर, २) समृद्धी रानडे

**\* तृतीय पारितोषिक (विभागून) -**

१) साक्षी शिंदे, २) सोनल सुर्वे

**उत्तेजनार्थ -**

१) स्वराज भांबुरकर, २) प्रीतम ढोरे

**विशेष पुरस्कार - तेजस शेंडे**

यावेळी दोन्ही परीक्षकांनी स्पर्धकांना समयोचित मार्गदर्शन केले. नितिन कुलकर्णी सरांनी व.पु., पु.लं यांच्या कॅसेट्स ऐकण्याचा सल्ला दिला आणि कथाकथनाचा बाज वक्तृत्वात आणण्यावर भर दिला. केसकर सरांनी विचार आणि विवेकातून अध्यात्माचा मार्ग कसा सुकर होतो हे सप्रमाण मांडले.

सर्व विजेत्यांचे अभिनंदन आणि सर्व सहभागी स्पर्धक तसेच त्यांच्या महाविद्यालयांचे आभार.

**दिव्य जीवन संघ, पुणे शाखा वृत्तांत**

- \* दिव्य जीवन महिन्याचा सत्संग १० तारखेला डॉ. नितिन देशपांडे यांच्या निवास स्थानी संपन्न झाला. परम आदरणीय माताजी(मालती आई) यांचे स्थानिक शिष्य यावेळी उपस्थित होते. शाखेच्या अन्य सदस्यांनी ऑनलाईन लाभ घेतला
- \* 'दिव्य जीवन' या आपल्या मासिक पत्रिकेचा सप्टेंबर २०२२ अंक परिवारातील सदस्यांना हार्ड आणि सॉफ्ट कॉपी तसेच व्हॉट्सअप द्वारे पाठविण्यात आला.

**देणगी -** १) डॉ. मृणाल बेलसरे - रु. १०००/-  
२) सौ. नमिता चौहान - रु. ११००/-

**पुणे शाखेचा पत्ता**

श्री.नितिन देशपांडे

'ईशावास्य' प्लॉट नं. ४९/सायंतारा, डी.एस.के.

विश्व, धायरी, पुणे ४११०६८,

मो.नं. ९८५०९३१४१७

बुक पोस्ट

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**दिव्य जीवन**



पुणे शाखा

वर्ष १७/अंक १०

ऑक्टोबर २०२२

**Deepavali Message**

**By Sri Swami Sivananda**

DEEPAVALI or Diwali means "a row of lights". It falls on the last two days of the dark half of Kartik (October-November). For some it is a three-day festival. It commences with the Dhan-Teras, on the 13th day of the dark half of Kartik, followed the next day by the Narak Chaturdas, the 14th day, and by Deepavali proper on the 15th day.

Everyone forgets and forgives the wrongs done by others. There is an air of freedom, festivity and friendliness everywhere. This festival brings about unity. It instils charity in the hearts of people. Everyone buys new clothes for the family. Employers, too, purchase new clothes for their employees.

Waking up during the Brahmamuhurta (at 4a.m.) is a great blessing from the standpoint of health, ethical discipline, efficiency in work and spiritual advancement. It is on Deepavali that everyone wakes up early in the morning. The sages who instituted this custom must have cherished the hope that their descendants would realise its benefits and make it a regular habit in their lives.